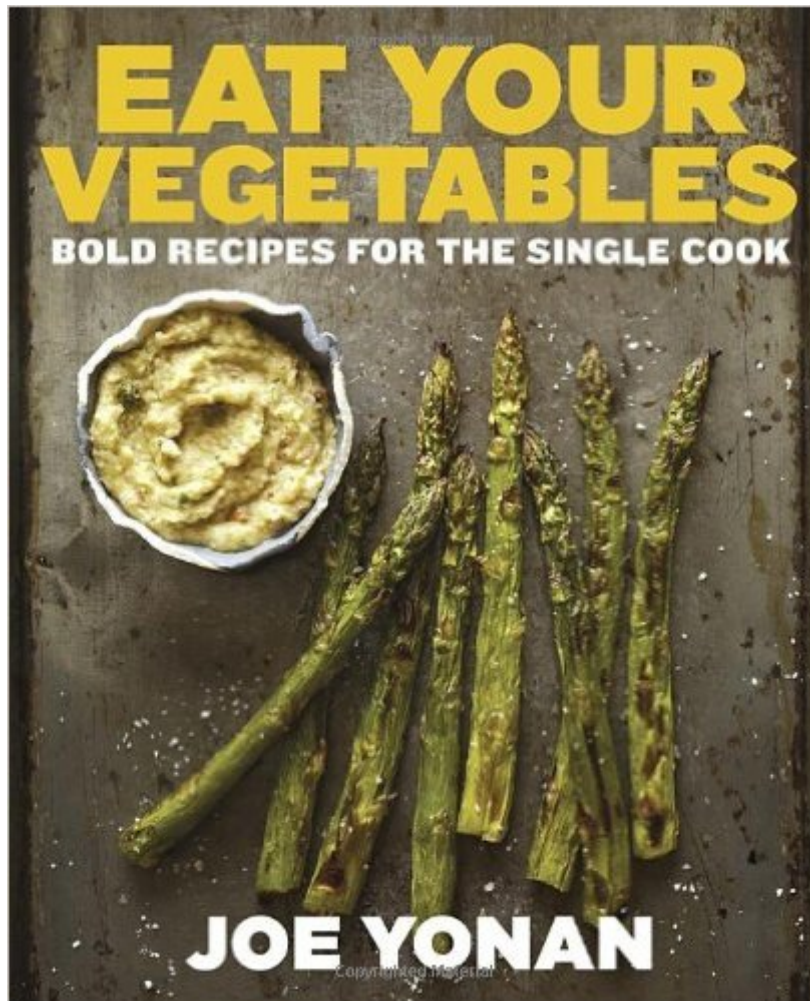


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# Eat Your Vegetables: Bold Recipes For The Single Cook



## Synopsis

This just in: *Eat Your Vegetables* has been named among the best cookbooks of 2013 by The Atlantic, The Boston Globe, and NPR's "Here and Now"! It's a collection of eclectic vegetarian and vegan recipes for singles, vegetarians in meat-eating households, couples who are looking for creative side dishes, and anyone hungry for plant-focused, smaller-portion recipes, from the beloved *Washington Post* editor and author of *Serve Yourself*. Whether you're a single vegetarian, an omnivore who's looking to incorporate more vegetables in your life, or a lone vegetarian in a meat-eating household, you know the frustrations of trying to shop, plan, and cook for one, two or a few. How to scale back recipes? What to do with the leftovers from jumbo-sized packs of ingredients? How to use up all the produce from your farmer's market binge before it rots? There's no need to succumb to the frozen veggie burger. With *Eat Your Vegetables*, award-winning food editor of The *Washington Post* and author of the popular *Weeknight Vegetarian* column, Joe Yonan serves up a tasty book about the joys of solo vegetarian cooking. With 80 satisfying and globally-inspired vegetarian, vegan, and flexitarian recipes such as Spinach Enchiladas, Spicy Basil Tofu Fried Rice, and One-Peach Crisp with Cardamom and Honey, Yonan arms single vegetarians with easy and tasty meal options that get beyond the expected. In addition to Yonan's fail-proof recipes, *Eat Your Vegetables* offers practical information on shopping for, storing, and reusing ingredients, as well as essays on a multitude of meatless topics, including moving beyond mock meat and the evolution of vegetarian restaurants. It's the perfect book for anyone looking to expand their vegetarian and produce-based repertoire -- even couples, as the dishes are easy to share and scale up. In *Eat Your Vegetables*, Yonan's charming, personable voice and unfussy cooking style encourage home cooks--both new and experienced--to take control in the kitchen and craft delicious veggie-centric meals for one.

## Book Information

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## Customer Reviews

The title of this book could have been "Eat 'More' Vegetables". This is not a cookbook filled with recipes focusing on vegetables: This is a cookbook filled with recipes that avoid meat--ranging from less-than-strict vegetarian (as recipes do include eggs, butter, cheese, anchovies and suggestions that bacon or ham hocks can be substituted) to strictly vegan. I say this right up front because, if you are looking at this book since you loved Yonan's "Serve Yourself", the meatless aspect of this book may come as a surprise to you. In that book, published fairly recently in 2011, he was definitely a meat-eater. So, I would say that this is not so much a book of spectacular vegetable dishes, as a self-help book of recipes and essays to help you start down the road towards eating less meat. Of course, this cookbook is still about Yonan's belief that singles should--definitely--bother to cook for themselves. The book just suggests, subtly, and by way of the recipes' ingredients, that you can cook without meat and still have a wonderful, fulfilling meal that makes you feel good about yourself. Yonan created this vegetarian cookbook because he observed that there were quite a lot of single people out there who were avoiding meat. And when he thought hard about that, he realized he was moving in that direction also. Come to think of it, just how quick your own personal movement away from meat and towards veggies is, may ultimately depend on where you live, with whom you live, how big your garden is, your culture, or whether you cook for yourself or a family. But, bottom line, aren't we all moving at some rate of speed towards less meat? More veggies, more beans, more grains? So, this is a collection of recipes that celebrate meat-less-ness.

Another hit from Joe Yonan! I am an omnivore looking to add some interest to my already veg-heavy diet. A particular wish of mine is to make more cooked veggie items for lunches instead of buying expensive takeaway salads. This book is perfect for that. If you do want meat, it is easy to add to many of the recipes (a few slices of bacon alongside the sweet potato, greens and kimchi hash for example). Unlike other vegetarian recipe collections, Eat Your Vegetables emphasizes just that - vegetables. While soy products make an appearance, Joe avoids commercially-made meat substitutes. Other proteins include eggs and cheese, which in many cases are easily omitted if you're vegan or simply don't like them. Joe also includes other suggestions to help out vegans

(such as substituting miso for oyster and/or fish sauce). Even more than in *Serve Yourself*, a great many of the recipes become components of other dishes and there are usually several options, e.g., for that big pot of tomato sauce you just made (I think it goes into as many as five other recipes, and of course you can use it on any pasta). As a result, my cooking sessions from this book have involved making several things for use in different ways throughout the week (hearty greens gave me a side to go with some sausage I already had, plus went into hash and the remainder in the freezer for the cheesy greens gratin and a few other things). Joe also continues the theme of how to use up or save leftovers and extras, which is extremely helpful if you're only cooking for one or two people but are stuck with grocery store bundles and packages designed for more. It is also easy to double the recipes if, like me, you like to have leftovers handy for multiple meals or want to make a meal for two.

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